flaxenwick

Proactivity v Reactivity

You are in charge. You choose the scripts by which to live your life. Use this self-awareness to be proactive and take responsibility for your choices.

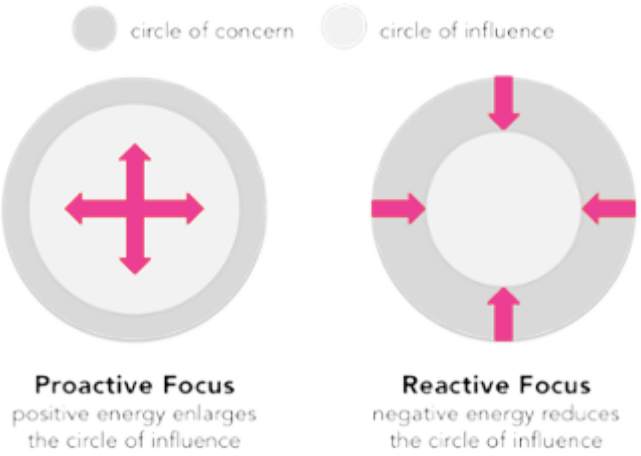
What distinguishes us as humans from all other animals is our inherent ability to examine our own character, to decide how to view ourselves and our situations, and to control our own responses. Put simply, in order to be effective we must be proactive.

Reactive people take a passive stance. They believe that the world is happening to them. They say things like:

> *"There's nothing I can do."*
> *"That's just the way I am."*

They think the problem is "out there", but that kind of thinking is the problem. Reactivity becomes a self-fulfilling prophecy, and reactive people feel increasingly victimized and out of control.

Proactive people recognize that they have responsibility ("response-ability") which is the ability to choose how you will respond to a given stimulus or situation.



In order to be proactive, we must focus on the **Circle of Influence** that lies within our **Circle of Concern**. We must work on the things we can do something about. The positive energy we exert will cause our Circle of Influence to expand.

Reactive people focus on things that are in their Circle of Concern but not in their Circle of Influence, which leads to blaming external factors, emanating negative energy, and causing their Circle of Influence to shrink.

© 2023 Flaxenwick. All rights reserved.